

8 January 2003

Dear ESSEX family,

Welcome to the ESSEX family. ESSEX spends a great deal of time at sea as a forward deployed ship, away from our families. We onboard ESSEX take great pride in the fact that we take care of each other, but it is essential that we ensure that you, our families who we leave behind in Sasebo, are properly cared for in our absence. In an effort to do this, we have put together a packet containing information, that hopefully you will find useful while we are away from home.

This Family Readiness Guide is the result of the collaboration of many individuals, both on and off the ship, who are sincerely concerned for your welfare. Among other things, it is designed to better equip you to deal with contingencies and emergencies involving your family, help you stay in touch with your family member while he or she is underway, and to inform you of the extensive support networks of Navy Ombudsmen and CFAS offices that are available to you.

I am ever grateful for all that you do for our ESSEX Sailors and Marines. ESSEX is "Second to None" because of you, and with your support we will continue to succeed and prevail in every assigned mission. I hope that you will find this packet to be a helpful tool, and I thank you for being part of our team.

Ronald R. Evans
Commanding Officer

INTRODUCTION

Loving and leaving makes deployments very difficult. Over the years, those who have endured the rigors of separation have learned many valuable lessons to pass on and this Pre-Deployment Brief is a compilation of those lessons learned by spouses such as yourself.

Let's begin with a word from Dietrich Bonhoeffer, written while he was in Tegel Prison, Berlin Germany on Christmas Eve, 1943.

In the first place nothing can fill the gap when we are away from those we love, and it would be wrong to try and find anything. We must simply hold out and win through. That sounds very hard at first, but at the same time it is a great consolation, since leaving the gap unfulfilled preserves the bonds between us. It is nonsense to say that God fills the gap: he does not fill it, but keeps it empty so that our communion with another may be kept alive, even at the cost of pain. In the second place the dearer and richer our memories, the more difficult the separation. But gratitude converts the pangs on memory into a tranquil joy. The beauties of the past are not endured as a thorn in the flesh, but as a gift precious for its own sake. We must not wallow in our memories or surrender to them, just as we don't gaze all the time at a valuable present, but get it out from time to time, and for the rest hide it away as a treasure we know is there all the time. Treated in this way, the past can give us lasting joy and inspiration. Thirdly, times of separation are not a total loss, nor are they completely unprofitable for our companionship; at least there are no reason why they should be. In spite of all the difficulties they bring, they can be a wonderful means of strengthening and deepening fellowship. Fourthly, it has been borne that only fear and anxiety magnify them to an immeasurable degree before-hand. From the moment we awake until we fall asleep we must commend our loved ones wholly and unreservedly to God and leave them in His hands, transforming our anxiety for them in prayers on there behalf.

We should note that Bonhoeffer is able to face his feelings honestly. He does not deny them. "He expresses his loss without a trace of self-pity or pity for those to whom he writes." He demonstrates a strong sense of comfort and beauty in the separation he faces. It can be for you also if you practice the lessons presented in this brief. In fact you may discover that the separation is an opportunity for you to grow as a person and that you may find a sense of strength and tranquil joy in the experience.

THINK POSITIVE! ACT POSITIVE! BECOME POSITIVE!

LOVING AND LEAVING: THE PERIOD OF DEPLOYMENT EMOTIONAL IMPACT

There are predictable emotional responses to a spouse's deployment. You might think that you are alone with your feelings, or that your feelings are unique. Be assured the feelings, which you are having, are very similar to what other couples are experiencing.

The period of deployment has four stages and each stage has some specific emotional impacts. The four stages are: Pre-Deployment, Deployment, Reunion, Adjustment, and Post-Deployment.

1. PRE-DEPLOYMENT: During this stage there is frustration and tension. The couple will begin a process of emotional distancing in preparation for the actual separation.
 2. DEPLOYMENT: During this period you will experience the five stages of emotional grief due to separation.
 - A. DENIAL - "There is no problem." Accept this stage and enjoy it.
 - B. ANGER - Let your anger out. It is common to blame the Service for your separation or to blame your spouse. It's O.K.! But do not allow anger to be misdirected. Control your anger, but don't put a lid on it or it may create real problems in the form of a nasty letters exorbitant phone bills, excessive shopping or drug and alcohol abuse.
 - C. BARGAINING - "I'll make it through this if he/she promises to never leave again."
 - D. DEPRESSED - (Situation not medical) This is when one may eat too much or not eat at all. One may want to sleep all the time or not want to sleep at all. It is a time when we may doubt ourselves. This is time marked by extremes. It is common to either gain or loose weight, to have allot of energy or to have none. This is the time to join a support group or to go to a workshop. You need GOOD FRIENDS, GOOD INFORMATION, AND GOOD ACTIVITIES!
 - E. ACCEPTANCE- This is the VICTORY point! This is when you say, I'm OK! I'm going to make it because I'm ready to handle it. This is when emotional an spiritual maturity an growth begins. It's a good feeling. You are really in charge of your life.
- REMEMBER... you will move in and out of these stages or even be in more than one of them at the same time. You do not have to be at the same stage as someone else.

3. REUNION ADJUSTMENT: This is a time when our feelings are the most ambivalent (simultaneous contradicting feelings). We can be excited with anticipation and scared or worried at the same time. This is normal. You want your spouse back, but it will mean readjusting and you may have grown in ways that can cause tension, i.e. independent. This is the time to prepare for the Post-Deployment period.
4. POST-DEPLOYMENT: That loved one is back! It is time to restore roles and affections. It is a time of change as you recognize that each has grown. It is not the time to make demands. It is a time of love, anxiety, happiness, resistance, frustration, and anger all rolled up into one as you are reunited. Negotiate, check and re-check expectations, and be realistic in your growing relationship. This is a great time to schedule a marriage retreat with the Chaplain's Office.

COPING WITH DEPLOYMENT (10 Steps to Keep You Afloat)

Deployment will bring with it shock, denial, emotional disorganization, withdrawal, anger, frustration, confusion, stress, loneliness, and depression. Everyone will experience these feelings to some degree, do how one cope and overcome these negative emotion about deployment?

First - refuse to isolate yourself, stay in contact with others. Don't listen to rumors. Call your Key Volunteer network representative and get the REAL SCOOP. Be a part of the Key Volunteer and attend their functions. Visit with your friends, neighbors, and Family regularly. Intentionally involve yourself in activities that will not allow you time to sit at home and be lonely. Join an exercise class, take a college course, do a volunteer service project, learn a language, or get involved with a church. I recently heard a wife that took a course in auto mechanics while her husband was deployed and so when the car broke down she just fixed it herself. Her husband couldn't believe it when she wrote him about it.

Second - establish a schedule and stick to it, force yourself to stay busy, but don't forget that busy can include some recreation.

Third - set goals. Goal setting makes it easier to get anywhere in life and that includes through a deployment separation. Here are some examples: set a goal of reading at least 5 books from the best seller list; set a goal to tone-up the body and to lose the extra pounds you have wanted to shed; set a goal to learn to play a musical instrument.

Fourth - plan a trip if your financial situation allows. It may be a good time to visit your parents or other family members. Another possible trip is a place that interest you which your spouse is not interested in.

Fifth - look for "free fun". There are often interesting and entertaining things to do locally. Visit a museum, a concert in the park or a historical site. Check out the arts and crafts fair.

Sixth - exercise regularly. Either exercise with a class or group or by yourself, but exercise. Walks with a friend give you exercise and an opportunity to talk.

Seventh - if you have children, talk often with them about your spouse's absence. Tell them about the things he/she is doing. Show them a picture of mom or dad often. Set up a special calendar and mark off the days until he/she is to come home. Remember, don't get "marooned" with the kids. You must talk with adults and not just the kids. Use a babysitter and go out and do something for yourself. This is **REALLY IMPORTANT!**

Eighth - review all the GOOD things that have happened during the day from the smallest to the largest and note your feelings. These make for excellent and interesting pieces of news in a letter to your spouse. Compliment yourself during this time. Affirm how good you are.

Ninth - recognize that you are not alone. There are those who stand ready to assist you if you experience difficulty. You have free access to the Family Service Center and its many programs. There are Chaplains who can assist you and provide counseling. Learn about the Navy-Marine Corps Relief Society and the Red Cross and how they can help you in a crisis. Local churches and mental health organizations are an excellent source of assistance. Your Key Volunteer is a source of knowledge for finding assistance, give them a call.

Lastly - write often to your spouse. Number each email or letter in sequence so your loved one knows if one is missing. It also helps your loved one to know which one to read first when he/she gets several letters/emails at one time. Cut out interesting news articles for the local paper and send to your spouse. If you don't like writing then try sending audio tapes back and fourth. Be honest in communicating and share your feelings along with what you are doing. Be intimate, but remember that your spouse may have limited privacy, so be discreet.

These 10 steps can keep you afloat during your spouse's deployment.

YOU CAN MAKE IT! YOU WILL MAKE IT!

HELPING CHILDREN COPE WITH DEPLOYMENT

Children experience the same feelings you do, but they will not be able to place their feelings into words; hence children tend to act out their feelings. This can create behavioral problems, which must be dealt with in a positive manner. Help them to know that you are feeling as they do, and talk it through with them. Children's biggest emotional difficulty is usually anger. Help them direct their anger in a positive fashion; have them draw pictures expressing their feelings about their absent parent or punch themselves out on pillows while thinking of what angers them. This can help them adjust and teach them valuable coping skills for all their lives. **DO NOT TRY TO MANIPULATE THEIR BEHAVIOR WITH REWARDS!** Keep them communicating with you, but don't reward negative behavior.

You are going to have your “Down days.” It’s OK to be honest about this with your child(ren), but don’t “dump” on them and don’t over dramatize the situation. Avoid statements like: “Seems like your daddy is never coming back” or “I’m so lonesome I could die.” Younger child(ren) may also get down. Emotions are contagious.

You can help your children grow through the situation and also helping yourself. There are many activities which can be fun and inexpensive that you can share with your child(ren) while your sailor is deployed. Try some of the following:

1. Make a calendar with your child(ren). Mark off the days till mom/dad returns. Smaller children may enjoy a paper chain calendar which they can tear a link off for each day.
2. Let your child help bake those favorite cookies to send mom/dad. Let the child(ren) learn to cook a special food that mom/dad likes.
3. Keep your sailor’s picture in a place the child selects and take time to look at it regularly.
4. Have your sailor tape prerecorded messages or stories before deploying. Then play them at bedtime or some special time. It’s good to send letters on tape between the Sailor and child(ren) every couple of weeks.
5. Have child(ren) make holiday cards and send them.
6. Some children like to keep a diary and you should help them include statements about how they feel as well as what they have done.
7. Keep a map that shows where mom/dad is going and pictures of the area can be added.
8. Take child(ren) on special outings to public library, parks, historical sites, and street fairs.
9. Help child(ren) do a mural of their activities and a self-portrait of themselves to send mom/dad.
10. Have that Sailor buy a special gift and hide it somewhere special. Make up a set of clues to help the child(ren) find the gift. Give out only one clue per day until the gift is found.

You may find other parents have good ideas for the kids during deployment. Share ideas!

Most of all kids need a loving touch. Give them lots of hugs! You will be doing yourself a favor too.

THE DON'TS OF DEPLOYMENT

1. Don't let things go. Keep up.
2. Don't hide in food. Stay fit.
3. Don't "dump" on the kids. Tell a friend.
4. Don't escape into TV. Exercise.
5. Don't sleep all the time. Be active.
6. Don't withdraw with your thoughts. Socialize.
7. Don't drink alone or more. Make lemonade.
8. Don't take drugs. Stay alert.



If you are feeling alone, out of sorts, depressed, and overwhelmed with problems get help. Call the Ship's Chaplain at esxchap@essex.navy.mil or CFAS Chaplain's Office at 252-3380.

PERSONAL SECURITY DURING DEPLOYMENT

Security is important at all times, but dependents of deployed persons should be especially security wise. Some of the following suggestions can aid in your security.

- AT HOME:
- a. Use bolt type locks and door chains.
 - b. Lock storm/screen doors.
 - c. Keep windows locked at all times.
 - d. In a new home, change locks.
 - e. Use the peephole on the door to identify people before opening the door.
 - f. Don't open the door for strangers.
 - g. Have deliveries left at the door.
 - h. Don't volunteer information over the phone.
 - i. Consider using an answering machine to screen calls.
 - j. Avoid unlit back yards.
 - k. Consider having a dog.
 - l. Consider installing a home alarm system.
 - m. Have friends call to check on you at irregular times.
- OUTSIDE YOUR HOME:
- a. Be wary of strangers and don't volunteer information to people.
 - b. Don't carry large amounts of money and don't expose your money in public.
 - c. Consider carrying mace type spray.
 - d. Travel with a companion as often as possible.
- BEFORE LEAVING ON A TRIP:
- a. Leave a key with neighbors you can trust.
 - b. Discontinue mail and newspaper deliveries.
 - c. Use automatic light timers to turn lights on at night.
 - d. Leave an emergency number with a friend or neighbor.
 - e. Bolt slide doors and windows.
 - f. Notify police and ask them to check while you are away.

If you see someone looking in your window or in your yard, stay calm, call the police immediately. Don't go out to check the situation out! If you come home and your house has been broken into, leave immediately and don't touch anything. Go to your neighbors and notify the police and wait for them. They can check the house out before you enter.

WHY WRITE OR EMAIL

There are a myriad of reasons to communicate through the mail, not the least of which is that it's economical. As we all know, the service member does not have unlimited funds. When living through a deployment, your family often experiences so many unexpected expenses that a huge phone may become prohibitive. Besides, there are only certain times that phone calls can be made. Mail goes out far more often.

It is nice to hear the voice of a dear one. This aspect of the telephone can't be denied, but with it comes pitfalls. If the telephone alone is relied on, with the high rates that accompany it, there is pressure to pack much into a short time. Frustration often occurs. What was anticipated as a joyful occasion becomes a battle against time and leaves you with a huge reminder when the bill becomes due. But just as there is some benefit to across the world phone conversations, so there is great benefit to letter writing or emailing.

An old Latin adage states "A letter early written is a letter twice written". Sometimes it matters not so much how current the news, but rather the timeliness of it's arrival.

"THE PROBLEM"

The basic problem is very simple, when seen on paper:

"Failure to write puts a relationship on hold and a relationship will stay on hold for only so long."

What makes the problem complicated is that many factors cause our behavior.

Why don't people write or email? There are many reasons, some legitimate, some fabricated and many for convenience.

EXCUSES

1. "I'll wait till I call to tell her or him."
2. "I'm so busy; he or she should understand."
3. "I'm too tired."
4. "It's been so long since I wrote, it's all old news."
5. "I don't have stamps or envelopes or computer for email."
6. "She or he hasn't written me yet."
7. "I have nothing to write about other than work and it's either classified or boring. Besides he or she wouldn't be interested in that kind of stuff anyway."

Now let's dispel the myths or at least put these excuses in perspective:

RESPONSE TO EXCUSES

1. You won't be able to tell her as much in a phone conversation as you could in several letters or emails. Besides she'll or he'll have just as much to tell you and you'll get sidetracked, never sharing all you wanted to say. You'll have high expectations before talking to your loved one and then be frustrated when the conversation is over because of what wasn't said.
2. Yes, most individuals are extremely busy, working long hours when deployed, but everyone can find 10 minutes per day to write.
3. Too tired? This can be a legitimate problem but if it's constant, better see the doctor. Writing a short letter or email while your tired is better than not writing at all!
4. When so much has happened it can seem impossible to know where to start, the best thing to do is to just start – anywhere! You might think the news is old and not worth writing, but remember, to someone who has not heard from you, it is all fresh. When it seems there is nothing to write about because all you do is routine, write about any of those ever changing work relationships you experience aboard ship or those things you look forward to doing upon your return.
5. Buy the stamp, and a relationship is more precious if nurtured over the years.
6. She or he may have not written to you because you have not written to her/him. Do you want mail? You have to send some if you expect to receive any. This must be the primary reason for receiving mail.
7. You're right, you must be careful about classified or sensitive information, but think about how much else fills up your day. Your dreams of coming home, aspirations for your future together, a newly made friend, a strained relationship – these are all important to your loved ones, whether wife, husband, child, or extended family.
8. Now maybe we can see emailing and letter writing problems in clearer perspective. This overwhelming problem can be broken up into manageable pieces, each with its own solution. Each hurdle taken individually can be jumped. So look at the excuses again, and overcome them one at a time.

SELF-DISCLOSURE IN EMAILS AND LETTER WRITING

Self disclosure is a risky business because you are revealing your inner most self. However, if properly done it can yield high rewards.

1. The Appropriate Timing. Don't try to relate your life story to that sweetheart in your first letter or email. Such news should be provided gradually. Otherwise you will surely scare the person off.
2. The Appropriate Method. Letters are limited to written words. There is no body language to compliment the message. Remember that letters may be kept. Watch what you put in writing. Letters can be lost and get into the wrong hands. Your imagination can take it from there. Emails can also be viewed by other people sometimes, so be careful.
3. The Appropriate Person. Some individuals may not warrant your trust even though you care for him.



When self-disclosing, a person should focus on how he or she is thinking and/or feeling at the moment. This requires being in touch with one's feeling. That's pretty good prerequisite for being able to establish a relationship with someone else (who of course also has feelings). If a person can't understand their own feelings how will they identify those in others.

Self-disclosures that deal only with the past or with facts that no one can change may seem easy to reveal, but they do not tend to bring people closer together. Ask yourself why you are revealing this dark thing from your past. Is it because you can't handle it and so you want to transfer the burden to someone else? Accept responsibility for your own past. Forgive yourself if you need forgiving. Ask God for forgiveness.

SELF AWARENESS: “WHO AM I TODAY?”

It's morning; the household is stirring; no one has yet had their coffee; we're going about the business of starting another day. Then for seemingly no reason, holding my arms to my side, my wife, husband stops my activity. She/He wants my full attention for what she/he is about to say:

“Karl, my blood pressure (BP) is up today I'm feeling very irritable. This is a warning!”

Now that's an illustration of self-awareness! She or he had not taken her or his own Blood Pressure, but she/he knew the way they announce themselves. Now I am forewarned. I know that her/his actions and speech are coming from the context of a person feeling miserable under high blood pressure. I won't take to heart nearly as much what she/he might say or do. Her/his awareness allows me to then help them. But first they had to get my attention and secondly, tell me their situation.

Put simply, self-awareness is the result of examining one's-self. A Sailor says to her or himself, “I feel _____ today; why do I feel this way?”

She or He's trying to become aware of how she or he feels because how she or he feels will affect how a person thinks and acts. It does not mean that one has to change on how she or he feels, but simply that a person is aware of themselves. Have you ever known someone who is her or his own worst enemy? These people are probably not aware how their feelings effect their behavior. In letter writing, your mind set will inevitably effect how you word your message.

Be Upfront

Letters or emails shouldn't be used as a tool to do harm, to someone else or to yourself. But don't be afraid to be upfront. That's why before I place the first word on paper I check myself out. “How do I feel?”

Often, I state it plainly in the first sentence or two if I have the need and feel I am able to self-disclose. Relationships require some risk by remember it's usually smart to take it slow.

EXAMPLE:

“You know, Susan, lately I’ve been feeling…….”

- | | |
|----------------|-------------------|
| 1. Good | 6. Disgusted |
| 2. Indifferent | 7. Sarcastic |
| 3. Happy | 8. Moody |
| 4. Sad | 9. Full of Myself |
| 5. Grateful | 10. Mean |

If by chance my letter has left the reader concerned, I try to clarify how my relationship to them and their being there to “speak with,” has been the height of my day. In other words be upbeat. If I must say something critical then I ensure it is balanced with assurance of what this relationship means to me.

SELF AWARENESS EXERCISE # 1

1. Right now I feel_____. (One word)
2. What has happened (or will happen) to make me feel this way?
3. Who is helping or hurting me in this situation?

SELF AWARENESS EXERCISE # 2

1. I feel good when_____.
2. I feel hurt when_____.
3. I really care about_____.
4. I still haven’t heard from_____.

SELF AWARENESS EXERCISE # 3 (How do you typically respond to not receiving mail?)

1. What action do you take?
2. What do you say to yourself?
3. How do you feel?
4. What does your body tell you?
5. What would be a healthy response?

SIGNIFICANT OTHERS

We all have many acquaintances but far fewer “Significant Others.” Significant others are those from whom we gain strength, support and advice. We talk to them and listen to what they say.

EXERCISE: List the 5-10 individuals by name that you most want to be there when you need them.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Space is limited so you will have to make some discriminating choices. Of course your time is limited as well. A person is able to maintain or develop only so many relationships through mail, so limit this list to only 10 for the purpose of this exercise.

EXERCISE: List the five individuals by name that are most significant to you.

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |
| 5. _____ | |

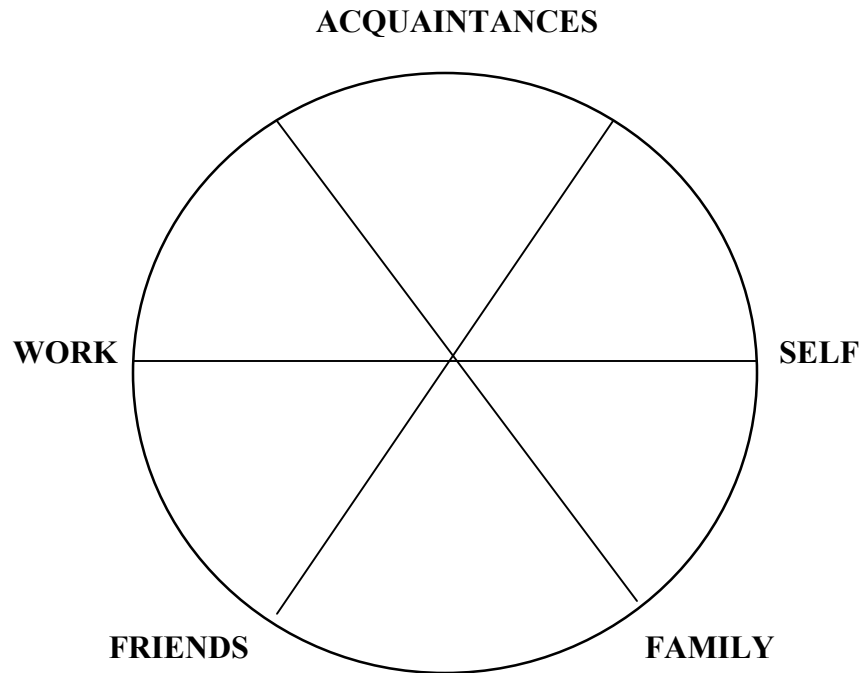
These relationships are more important than others. Obviously these five names would be whittled down from the first list of 10.

EXERCISE: List the one most significant person (if your parents, or wife and children, are the most significant, you may view them together as one).

1. _____

Have these been hard decisions to make? Yes, perhaps, but we make them everyday when we choose to whom we write, or don't write.

CONCENTRIC CIRCLE OF INFLUENCE



This diagram has several interesting applications; you may find a few more of your own. Firstly, self-disclosure will probably be more active between the “inner circles” of people. Information of a more personal nature is usually inappropriate to share with people on the outer circle. After all, who is made vulnerable by sharing intimate information? The person sharing it, of course. Sharing personal information requires a high level of trust.

Secondly, self-awareness is probably aided by time spent with those “circle of people” closest to you. Family and close friends give us an identity. Family expectations encourage our behavior to be swayed one way or the other. So “significant others” do impact our behavior. Even if the impact is our rebellion against being that way, it still is influencing our behavior. So be aware of the way your behavior is affected by those in our circle of influence.

Lastly, consider to which circle you have been spending your time writing. Are you neglecting the circle of influence that in fact means the most to you. Don’t neglect long-term relationships like family because short-term relationships are monopolizing your time. If long-term relationships are neglected, they may not be there when you need them.

PRE-DEPLOYMENT PREPARATION

No one can plan for every possible scenario that could arise during deployment, but there are many things that you should do to eliminate and/or prepare for different situations. This checklist will ensure that the most important things are covered.

FOR THE SERVICE MEMBER

___ Have you completed a "Power of Attorney" and provided your spouse with the original?

___ Do you have an adequate allotment going to your spouse (will it cover the rent, utilities, grocery needs, bills, and other expenditures) or is your spouse the joint account holder at the financial institution where your direct deposit is sent?

___ Does your spouse have a comfortable understanding of the check book and bill payments?

___ Do you have a "will" and if so, have you provided your spouse with a copy?

___ Do you have a copy of your spouse's "will?"

___ Have you updated your Page 2?

___ Does your spouse know how to contact you in case of an emergency?

___ Does your spouse know who to contact in case of financial hardship?

___ Do all of your dependants (age 10 and over) have a valid Military Identification Card? Is it valid through the deployment? Have you arranged paper work for an ID card for any child who will turn 10 before you return?

___ Does your spouse know where to go for legal assistance?

___ Does your spouse know where all the important documents are located?

___ Does your spouse have all of your important information (social security number, rate/rank, command address, etc.)?

___ Do you know your spouse's important information?

___ Have you made arrangements for someone to care for your children should your spouse be hospitalized or otherwise incapacitated and are these arrangements in writing?

___ Does your spouse know where to go for medical and dental care?

___ Have you given your home a security checkup?

___ Do all window locks work?

___ Do the windows open or are they painted shut?

___ What about the door locks?

___ Does your spouse know how to operate the lawn care items? If your spouse is unable to do yard work, have you arranged for someone else to care for the lawn?

___ Do you have the names and numbers of friends of spouse?

___ Do you have Homeowner's or Renter's Insurance? (Even in Military Housing you should have Renter's Insurance to cover liability and loss.)

___ Record an answering machine message for your spouse.

FOR THE SPOUSE

___ Do you know the ship's mailing and email address?

___ Do you have a "Power of Attorney" and a copy of your spouse's "will?"

___ Do you have a "will" and does your spouse have a copy of it?

___ Do you have a working understanding of your bills and checkbook?

___ Do you know where all the important documents are located?

___ Do you know what to do in case of financial, legal or medical emergencies?

___ Do you know all of your spouse's important information?

___ Do you have at least one person locally to call in case of an emergency?

___ Do you have phone numbers for both families?

___ Do you know your Ombudsman's name and telephone number?

___ Do you understand what the Ombudsman, Navy Family Service Center, Red Cross, Navy/Marine Corps Relief Society, the Chaplain, etc., can do for you and when to contact them?

___ Has all the maintenance issues for the car been discussed? Who will you take the car to for repairs?

ITEMS TO COVER TOGETHER

___ Have children been included in discussions on where their parent is going, when he/she is coming home, and why he/she is leaving?

___ Have you given your home a security checkup?

___ Do all window locks work?

___ What about the door locks?

___ Is there adequate outside lighting for security and safety?

___ Is the house, housing unit or apartment in good repair?

___ Is the furnace/air conditioner clean and working properly?

___ Is the hot water heater working properly?

___ Are all of the kitchen appliances working properly?

___ Does the washer, dryer and freezer work properly?

___ Does your spouse and older children know where the fuse box or circuit breaker is located?

___ Do you have extra fuses if necessary?

___ Do you have the name and phone number of the appropriate person to call in the event of a problem? (Landlord, Housing Manager or Apartment Manager.)

___ Do you have the names and phone numbers of reputable people?

___ Does your spouse know where the main controls are for shutting off water and gas?

___ Does your spouse know what to do and who to call in case of a gas leak?

___ Have the batteries in all smoke and carbon monoxide detectors been replaced?

HOW DO I WRITE TO AN ESSEX SERVICEMEMBER?

Address is:

Rank and Name

USS ESSEX (LHD 2)

FPO AP 96643-1661

Or email esxpao@essex.navy.mil or webmaster@essex.navy.mil for your email to be forwarded.

Write frequently! You both can help each other with the "loneliness" by writing cheerful letters.

SECURITY CONCERNS

- Put a phone by the bed with this booklet
- Leave the porch light on at night (better buy extra light bulbs)
- Close the shades
- Keep the emergency phone list by the phone
- Learn the escape route in case of a fire

LONELINESS CURES

- Start a bowling league
- Join a spouse group
- Invite friends for potluck once a week
- Watch some movies
- Exchange baby-sitting with a friend
- Take up jogging/exercising
- Volunteer to help at school, American Red Cross, or Navy Relief
- Take up a new hobby
- Most of all: Just keep in touch

POWER OF ATTORNEY

You may have to take care of some important legal matters during your spouse's absence. If so, you may need a "Power of Attorney." This document allows you to sign your spouse's name in his/her absence for any matter stated within the document. Discuss this with your spouse and if you need one, have one drafted before he/she leaves.

WILL

Not that we expect you to need one, but a "Will" is a good document to have. You should discuss this with your spouse and find out if he/she has one and where it is located.

EMERGENCY SPOUSAL CONTACT

If your spouse's presence is absolutely necessary and it is confirmed by a medical representative or the American Red Cross (252-3430) or Family Member Assistance FMAT (252-3623), we will get him/her home.

Remember, an emergency is the death, critical illness, or injury to an immediate family member [i.e. spouse, children, parents, or someone who raised you instead of your parents (In Loco Parentis)]

After working hours and on weekends and holidays, you must call Commander Fleet Activities Sasebo Officer of the Deck at 252-3311 and he/she can have the appropriate duty personnel return your call.

NAVY-MARINE CORPS RELIEF SOCIETY

Provides interest free loans or outright grants for emergency needs.

Offers budget counseling and a number of other services, which can help you in a time of need.

Your spouse can sign a Navy Relief form, which will enable you to qualify for a loan in case of emergency.

FLEET AND FAMILY SERVICE CENTER (FFSC)

This center is staffed with counselors who can help you with financial, family, marital, parental, and personal problems. FFSC is located on the second deck of the Main Base Post Office at 252-3604. The Hario Office is located in the same building as the Chapel at 252-8750.

FAMILY MEMBER ASSISTANCE TEAM (FMAT)

FMAT is staffed with personnel to assist you with personal and family needs and/or problems. FMAT is located on the second deck of the Main Base Post Office at 252-3623.

FAMILY CONTACT

Spouse's parents or close relative's address and phone number

Address _____

PH Number_____

WHEN CALLING MAIN BASE AND HARIO

When using a cell phone to call Main Base or Hario, dial 0956-24-6111 and give the base operator the extension you wish to call.

ESSEX OMBUDSMAN POINTS-OF-CONTACT

ESXPAO@ESSEX.NAVY.MIL

BASE CHAPLAIN

Main Base -----	252-3380
Hario -----	252-8947

IMPORTANT PHONE NUMBERS

POST OFFICE

MAIN BASE -----	252-3426
HARIO -----	252-8830

COMMISSARY

MAIN BASE -----	252-3675
HARIO -----	252-8759
NEX -----	252-3566

MONEY PROBLEMS

Navy Relief -----	252-3366
American Red Cross-----	252-3430

MEDICAL SITUATIONS

Clinic Appointments ----- 252-2550

Clinic Information Line ----- 252-2551

EMERGENCIES

MAIN BASE

Security/Police ----- 252-3447

Ambulance ----- 911

Fire Department ----- 252-3518

HARIO VILLAGE

Security/Police ----- 252-8812

Ambulance ----- 911

Fire Department ----- 252-8820

FAMILY CARS

Keep your car in good condition!

1. Next oil change?
2. If new tires are to be purchased, when and where?
3. If engine work or major repairs have to be done, where do I go?
4. If a new battery is needed, what kind and where do I buy it?
5. If an accident occurs, how do I get in touch with the insurance company? Where is the policy kept?
6. The gas/service station is located near Gate 2, Main Base at 252-3607.